



Figure S1. Metabolite assignment on 1D ^1H NMR spectra of an FF sample. (A) chemical shift region from 6.4 to 8.0 ppm, (B) chemical shift region from 3 to 4.2 ppm, (C) chemical shift region from 1.8 to 2.5 ppm, (D) chemical shift region from 0.8 to 1.5 ppm.